



Swansea University Swim Team

2026 Long Course Sprint Meet



Level 3 Meet · License Number: 3WL260223
(Under World Aquatics Technical Rules and Swim Wales Laws)

Wales National Pool, Swansea
Sunday 31st May 2026

Event Information and Entry Pack

(Entries Closing Date: Thursday 30th April 2026)

Important notes:

- This meet is not first-come, first-served
- Swansea University Swimming Team reserves the right to return entries.
- The slowest entry times in each age group will be scratched, and their entry fee will be refunded.
- Swimmers who submit NO TIME entries will NOT be accepted.



Entries Information

- Only electronic entries will be accepted for this meet.
- The Promoter reserves the right to restrict entries if the meet is oversubscribed.

Electronic Entries

Entries using Hy-Tek Team Manager or Swim Manager are the preferred method. The events file for use with TM and SM is available on the Swim Wales website and on the West Wales site under the 'Other Meets' menu:

www.westwalesswim.org.uk

Submission of Entries

Electronic entry files and Payment Summary sheets should be emailed to:

robwilliams1145@gmail.com

Payments

- Payments should be in the form of a single cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to: "Swansea University Swimming Team". Cheques can be sent to:

Rob Williams
12 Park Terrace
Pontarddulais
Swansea
SA4 8HS

BACS Payments

- Account Name: Swansea University Swimming Team
- Sort Code: 30-92-93
- Account Number: 75455060
- Reference: Please use "SU26" followed by your four-digit team code.

Example: Swansea Aquatics → "SU26SWAY" If payment is made via BACS, a confirmation email stating the amount and date of payment must also be sent to:

robwilliams1145@gmail.com

Coach/Chaperone Forms

- Completed chaperone forms should be emailed to:

swimming@swansea-sports.co.uk

General Information

Venue: Wales National Pool, Sketty Lane, Swansea, SA2 8QG

Pool: 8-lane 50 m pool | Quantum Swiss Timing | anti-turbulence lane ropes

Age Groups

Individual Events:

- Male: 10/11, 12/13, 14/15, 16/17, 18 & over
- Female: 10/11, 12/13, 14/15, 16/17, 18 & over

Relay Events:

Relay events will be swum in the age groups 14 & under and 15 & over.

Age as Date: Sunday 31st May (day of meet)

Events

All events will be Heat Declared Winner (HDW). The events are detailed in the programme and will be swum to the published age groups unless otherwise stated.

Entry Fee

- Individual Events: £8.50 per entry. Full payment must accompany entries.
- Relay Events: £9.00 per entry. Full payment must accompany entries.

Closing Date

Thursday 30th April 2026

Spectators

Attendance of spectators onsite will be confirmed prior to the start of the competition. Spectators may be restricted due to site capacity and safety measures.

Car Park

Car parking facilities are available as pay and display. Swansea University Swimming Team is not responsible for setting parking charges and does not receive any income from the car park.

Refreshments

Access to the café and facilities will be confirmed prior to the start of the competition.

Electronics

Quantum Swiss Timing system with electronic display.

Starts and Seeding

Over-the-top starts will be used wherever possible. Events will be seeded based on submitted entry times, from slowest to fastest. All events are HDW.

Awards

Awards will be given to the first three places in each age group for both individual and relay events.

Withdrawals

All withdrawals prior to the start of the meet must be notified via email to swimming@swansea-sports.co.uk by 5 pm on Friday 29th May 2026. No refunds will be made for withdrawals other than for medical reasons. A medical note must be provided before a refund can be authorised. Swimmers who do not attend an event can face an 'empty lane' charge of £7.50, this will be charged to the athletes club.

Marshalling

There will be no signing in for events, and no entry cards will be used. Marshalling will be in place at various points of the pool deck. It is the swimmer's responsibility to report to marshalling at least 15 minutes prior to their event. Swimmers must attend marshalling; failure to do so may result in being refused entry into their event.

Meet Results

Meet results will be passed to Swim Wales and the ASA for inclusion in rankings.

Cameras and Mobile Phones

Videos may be taken at this event. Use of mobile devices is difficult to control, but any concerns or safeguarding queries should be reported immediately to the event management team. No cameras or mobile phones are permitted in the changing areas. The full Swim Wales photography guidance is available at the enquiries desk or online: <https://www.swimwales.org/event-guide/>

Data Protection and Meet Office

Submission of entries implies consent to the holding of personal data in accordance with the Data Protection Act 1998 and GDPR (May 2018). Data may be made public before, during, and after the meet. Participants have the right to view and request deletion of their personal data. An information table will be available in the main foyer.

Pool Passes

£12 per pool pass (required for coaches/team managers), including full event access, programme, accreditation, and light refreshments. Poolside passes must be worn at all times. Swim Wales passes may be used for identification, but a poolside pass must still be purchased. Passes will be issued from the Information table in the main foyer.

Entries: Entries will not be processed unless full payment, payment summary sheet, official forms, and coach application forms are submitted.

MC Events

Para swimmer entries are only accepted from classified swimmers with British/IPC classification and will be seeded according to entry time. Para entries should be emailed to robwilliams1145@gmail.com with confirmation of classification. Confirmed entries will be sent via email. Para swimming points leaderboards will be published throughout the event. Medals will be awarded to the para competitors with the highest British Para Swimming points scored in a single event in each age group on a multi-class, multi-event basis.

Officials

Each club is kindly asked to provide a minimum of 2 officials, one J1- qualified and one qualified to at least in J1 training. Officials can sign up on swim-meet using the following link: <https://swim-meet.com/Meets/#:~:text=https%3A//swim%2Dmeet.com/Availability/%3Fm%3D8030>

General

The meet organiser reserves the right to make any alterations to these conditions if necessary. Any matter not covered by these conditions, or by Swim Wales, Swim England, or World Aquatics laws, will be at the club's discretion. All decisions of the referees are final.

Appeals

Any appeals must be submitted in accordance with World Aquatics procedures and will be handled appropriately.

'The green splash' deposit scheme: To tackle the problem with rubbish being left on the poolside after competitions. We will be asking swimming clubs to give a deposit of £10 when picking up their meet packs. We will provide clubs with both black bin bags and green recycling bags. At the end of the meet we will collect these bags and if these have been used and the club's area has been left in a satisfactory condition, the deposit will be returned.

Health and Safety

A copy of the Pool Operating Procedures and/or Emergency Action Plan is available in advance. All participants must abide by these procedures.

- Unacceptable behaviour includes theft, damage, abuse of alcohol/drugs, bullying, offensive language, aggression, or any actions that bring the sport into disrepute.
- Competitive Start Award standard must be met to start from the blocks. This is the responsibility of the club coach.
- Jewellery is not permitted in the water during warm-ups, swim-downs, or competition, except studs for earrings and wedding bands. Swansea University Swimming Team is not responsible for lost or damaged jewelle

Swansea University LC sprint meet

Sunday 31st May

Wales National Pool

Programme of Events – All Events HDW

Session 1			Session 2			Session 3		
Event no.	Gender	Event	Event no.	Gender	Event	Event no.	Gender	Event
101	M	200 Freestyle	201	M	200 I.M	301	M	100 Butterfly
102	F	200 Freestyle	202	F	200 I.M	302	F	100 Butterfly
103	M	50 Breaststroke	203	M	100 Freestyle	303	M	50 Freestyle
104	F	50 Breaststroke	204	F	100 Freestyle	304	F	50 Freestyle
105	M	100 Backstroke	205	M	50 Butterfly	305	M	100 Breaststroke
106	F	100 Backstroke	206	F	50 Butterfly	306	F	100 Breaststroke
107	M (14/un)	4 x 50 Freestyle relay	207	M (14/un)	4 x 50 Med. relay	307	M	50 Backstroke
108	M (15/ov)	4 x 50 Freestyle relay	208	M (15/ov)	4 x 50 Med. relay	308	F	50 Backstroke
109	F (14/un)	4 x 50 Med. relay	209	F (14/un)	4 x 50 Freestyle relay			
110	F (15/ov)	4 x 50 Med. relay	210	F (15/ov)	4 x 50 Freestyle relay			

- Session 1 will have warmup at 8.00am for racing to start at 9.00am. Warmup and start times for sessions 2 & 3 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
- Individual events will be swum 10/Over with medals awarded in the age groups: 10/11, 12/13, 14/15, 16/17 and 18+
- Medals for the relay events will be determined by the top three swims in the age groups 14 & under and 15 & over.

Swansea University Swim Team 2026 Long Course Sprint Meet

Qualifying & Consideration Times

Boys									
Event		10	11	12	13	14	15	16	17 & over
50 Free	QT	38.4	36	34.9	33	31.3	29.7	28.7	28.4
	CT	45.5	43.2	42.01	39.5	37.98	36.64	35.3	33.8
100 Free	QT	01:23.0	01:18.5	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6	1:01.5
	CT	01:35.0	01:29.8	1:26.98	1:22.70	1:18.21	1:14.31	1:10.4	1:06:00
200 Free	QT	03:02.9	02:46.6	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3	2:13.7
	CT	03:23.4	03:15.4	3:10.42	3:00.00	2:52.44	2:44.80	2:37.15	2:33.38
50 Back	QT	46.5	42.2	40.5	38.2	36.1	34.5	33.5	32.7
	CT	56.2	52	50.9	45.7	42.53	41.22	39.9	38.5
100 Back	QT	01:35.0	01:28.1	1:24.1	1:19.2	1:15.0	1:12.2	1:10.3	1:09.3
	CT	01:55.0	01:49.0	1:45.60	1:39.50	1:33.30	1:26.87	1:20.43	1:17.40
50 Breast	QT	53.9	47.9	44.6	41.8	39.7	37.8	36.8	35.8
	CT	01:07.8	01:05.0	1:03.07	58	54	51.3	48.6	46.5
100 Breast	QT	01:49.5	1:42.3	1:34.7	1:28.8	1:24.6	1:21.4	1:18.9	1:17.0
	CT	02:03.7	02:00.0	1:58.42	1:52.93	1:47.31	1:41.53	1:35.75	1:30.49
50 Fly	QT	46.9	42	38.1	35.9	34	32.2	31.4	30.6
	CT	55	51	46	43.07	42.01	40	37.9	36.6
100 Fly	QT	01:41.4	01:32.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8	1:06.5
	CT	01:55.5	01:50.9	1:43.15	1:34.40	1:24.40	1:22.12	1:19.83	1:15.30
200 I.M	QT	03:30.0	03:16.9	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9	2:31.0
	CT	03:56.6	03:44.3	3:35.41	3:19.20	3:07.12	2:58.79	2:50.00	2:42.00

Swansea University Swim Team 2026 Long Course Sprint Meet

Qualifying & Consideration Times

Girls									
Event		10	11	12	13	14	15	16	17 & ov
50 free	QT	39.6	36	35.4	34	32.9	32.2	31.9	31.8
	CT	45.5	44.3	43.22	42.3	39	37.12	35.23	34.19
100 free	QT	01:27.5	01:19.2	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8	1:08.1
	CT	01:37.0	01:29.8	1:34.16	1:28.50	1:24.40	1:23.95	1:22.50	1:21.96
200 free	QT	03:06.6	02:50.7	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5	2:25.8
	CT	03:26.4	03:15.4	3:14.88	3:07.00	3:01.52	3:00.99	2:58.00	2:55.92
50 Back	QT	46.99	42.2	40.9	39.4	38	37	36.6	36.3
	CT	56.2	53	51.83	50.4	48.9	47.23	45.56	43
100 Back	QT	01:37.0	01:28.9	1:24.5	1:21.7	1:19.6	1:17.9	1:17.1	1:16.3
	CT	01:55.0	01:49.0	1:45.24	1:39.20	1:34.40	1:33.70	1:32.99	1:31.36
50 Breast	QT	54.1	48.3	45	43.1	41.5	40.6	40.1	39.8
	CT	01:07.8	01:05.0	1:01.69	1:01:00	1:00.97	56.49	52	50.1
100 Breast	QT	01:52.4	01:44.6	1:35.2	1:30.8	1:28.5	1:27.5	1:26.1	1:25.2
	CT	02:04.5	02:00.0	1:55.28	1:50.80	1:45.80	1:45.30	1:45.00	1:44.12
50 Fly	QT	47.3	42	38.6	36.7	35.7	34.8	34.2	34.2
	CT	1:03.00	58	54.9	52.4	47.5	45.65	43.8	43
100 Fly	QT	01:50.0	01:39.7	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8	1:14.0
	CT	02:05.0	01:52.9	1:41.88	1:38.60	1:36.54	1:34.78	1:33.99	1:32.12
200 I.M	QT	03:30.0	03:16.9	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9	2:45.5
	CT	03:56.8	03:44.30	3:42.72	3:34.80	3:26.44	3:24.82	3:23.20	3:20.60

Swansea University Swimming Team 2026 LC Sprint Meet Entry Form

Swimmer's Name: _____
Swim Wales/Swim England/Other: _____ . D.O. B: _____
Age on 1st June 2025: _____ Male/Female: _____
Club: _____
Contact Telephone Number: _____
Contact Email Address: _____

Event	Event Number	Entry Time	Event	Event Number	Entry Time
200 I.M			100 Fly		
100 Free			50 Fly		
50 Free			100 Breast		
100 Back			50 Breast		
50 Back			200 Free		

Number of events entered: _____ @ £8.50 per event

Total Payable: £ _____

Please note this form is a provisional entry only. Confirmation of entries will be generated after the closing date 30th April 2026.

I declare that the above information is correct and agree to abide by the meet conditions.

Parent/Guardian signature: _____

CLOSING DATE THURSDAY 30TH April 2026

ENTRIES MUST BE SUBMITTED WITH FULL CLUB PAYMENT; NO ENTRIES WILL BE ACCEPTED WITHOUT PAYMENT.

Return to: robwilliams1145@gmail.com 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

**Swansea University Swimming Team 2026 LC Sprint Meet
Entry Form MULTI CLASSIFICATION**

Swimmer's Name: _____. Classification: _____
Swim Wales/Swim England/Other: _____. D.O. B _____
Age on 1st June 2025: _____ Male/Female _____
Club: _____
Contact Telephone Number: _____
Contact Email Address: _____

Event	Event Number	Entry Time	Event	Event Number	Entry Time
200 I.M			100 Fly		
100 Free			50 Fly		
50 Free			100 Breast		
100 Back			50 Breast		
50 Back			200 Free		

Number of events entered: _____ @ £8.50 per event

Total Payable: £ _____

Please note this form is a provisional entry only. Confirmation of entries will be generated after the closing date 30th April 2026.

I declare that the above information is correct and agree to abide by the meet conditions.

Parent/Guardian signature: _____

CLOSING DATE THURSDAY 30TH April 2026

**ENTRIES MUST BE SUBMITTED WITH FULL CLUB PAYMENT; NO ENTRIES WILL BE
ACCEPTED WITHOUT PAYMENT.**

Return to: robwilliams1145@gmail.com

12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

Swansea University Swim Team 2026 LC sprint meet

4 x 50m Relay Teams Entry Form

Club: _____

Contact Name: _____ Tel. Number: _____

Contact Email: _____

Enter times (converted to 25m pool) in the appropriate boxes below:

Girls	4 X 50 Freestyle relay		4 X 50 Medley relay	
	Event no.	Time	Event no.	Time
14/Under				
15/Over				

Boys	4 X 50 Freestyle relay		4 X 50 Medley relay	
	Event no.	Time	Event no.	Time
14/Under				
15/Over				

Total number of relays: _____ x £9.00 = £ _____

Entry fee: £9.00 for each relay event. Please complete the Payment Summary Sheet.
CLOSING DATE THURSDAY 30TH April 2026

Entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.
 Email: robwilliams1145@gmail.com

**Swansea University Swim Team 2026 LC Meet
Relay Team Registration**

Event no. _____

Club: _____ Team (A/B): _____

Please tick:

- ☐ Medley or ☐ Freestyle
☐ GIRLS or ☐ BOYS
☐ 14/UN or ☐ 15/OV

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

	Name	Swim Wales ID Number	Date of Birth
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

**Swansea University Swim Team 2026 LC Meet
Relay Team Registration**

Event no. _____

Club: _____ Team (A/B): _____

Please tick:

- ☐ Medley or ☐ Freestyle
☐ GIRLS or ☐ BOYS
☐ 14/UN or ☐ 15/OV

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

	Name	Swim Wales ID Number	Date of Birth
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

Swansea University Swim Team 2026 LC Meet Officials Details

Officials can sign up using the link below:

<https://swim-meet.com/Meets/#:~:text=https%3A//swim%2Dmeet.com/Availability/%3Fm%3D8030>

Alternatively, please fill in the details below and return with your completed entries and payment.

Title/Name: _____

Membership No.: _____

Club: _____

Contact number(s): _____

E-mail address: _____

Qualification, please indicate (Please insert "w" if you are on a workbook):

☐ **J1t** ☐ **J1** ☐ **J2** ☐ **J2S** ☐ **Referee**

Availability – please indicate the day and session you would be available to attend.

Sunday 31st May:

☐ **Session 1**

☐ **Session 2**

☐ **Session 3**

Coach Pass Application Form
(Coaches, Team Managers and Poolside Helpers)

Please note that all applications for poolside passes from Coaches, Team Managers and Poolside Helpers must be accompanied by the following:

i. Swim Wales / Swim England Number

ii. DBS Number

iii. Photograph

The only exception to the above requirements will be if all three 3 items are already lodged with Swim Wales. If these are already with Swim Wales, the name of the applicant will be sufficient, and the remaining items will be obtained from Swim Wales.

Please complete the following:

1) Full Name: _____

2) Position (e.g., club coach): _____

3) Do you have a Swim Wales No., DBS No., and Photograph already with Swim Wales?

☐ Yes

☐ No

If the answer to Question 3 is 'NO', then please complete the following:

Swim Wales / Swim England Number: _____

DBS Number: _____

Photograph Enclosed?

☐ Yes

☐ No

Payment Summary Sheet

Please complete the following Payment Summary Sheet and return with entries.

Contact Name: _____

Tel. No: _____

Email Address: _____

Club: _____

Number of Coach Passes Required: _____ X £12 = £_____

Total Number of Individual Entries: _____ X £8.50 per event = £_____

Total Number of Relay Entries _____ X £9.00 per event = £_____

Total Amount Enclosed: £_____

Please enclose a single cheque to cover all the club's entries. This should be made payable to
'Swansea University Swimming Team'.

Alternatively, payment can be made via BACS to Swansea University.

Account Name: Swansea University Swimming Team

Sort Code: 30-92-93 **Account Number:** 75455060

Reference: Please use "SU25" followed by your four-digit team code. e.g., for Swansea Aquatics it would be "SU25SWAY", etc

In either case, payment should be returned with a copy of all entries no later than the closing date of Thursday 30TH April 2026

RETURNS:

Your return should include electronic entries and Payment Summary Sheets to:

robwilliams1145@gmail.com

12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

All other forms including official details and coaches pass form should be emailed to:

swimming@swansea-sports.co.uk